

STUDENT COUNSELLING, HEALTH & WELL-BEING (SCHW)*

SCHW provides a range of mental health and wellness supports. Meetings with counsellors take place in positive, non-judgemental, and confidential spaces, and peer health educators promote wellness through programming and outreach efforts. Our goal is to help students manage the challenges of university life and fulfill their potential for personal/ academic success.

- Walk-in counselling
- Emergency Support
- Short-term therapy
- Skills Workshop
- Support Groups
- Process Groups
- Education and promotion on the following topics:
 - Mental health and well-being
 - Stress-reduction and resiliency
 - Physical health including nutrition and sleep
 - Sexual health
 - Alcohol, cannabis and substance use
- Training opportunities:
 - Certified programming in suicide prevention training (safetalk/ASIST/Living Work's Start)
 - Certificate in E-chug and E-toke (alcohol and cannabis education)

Contact us at **416-736-5297**

**formerly Health Education & Promotion, Division of Students and Student Counselling & Development, Division of Students*

STUDENT ACCESSIBILITY SERVICES

Provides students with disabilities such as mental health (ADHD, Anxiety Disorders and Depression), learning disabilities, Autism Disorders, medical and physical disabilities access to academic support.

WHY REGISTER?

Registered students are offered a wide variety of services to reach their academic goals:

- Academic Accommodations
- Advocacy Support
- Individualized Programming on academic skills
- Information on available bursaries

HOW TO REGISTER

Collect your documentation from a health-care practitioner and complete our Registration Form online:
accessibility.students.yorku.ca/new-students

QUESTIONS?

For more information visit
accessibility.students.yorku.ca

For questions about registration
sasreg@yorku.ca

For general inquiries
sasinfo@yorku.ca



**KINDNESS
IS THE
NEW
NORMAL**

It all begins with **YU.**

**Campus Resources
for Student Wellness**

COMMUNITY SUPPORT & SERVICES

Community Support & Services brings together:

- the Office of Student Community Relations and;
- the [Centre for Sexual Violence Response, Support and Education \(The Centre\)](#).

This unit underscores York University's commitment to creating an environment where all people feel welcome, valued and safe and to providing the services, programs and resources that will ensure our entire community – staff, faculty and students – is supported and empowered.

Both offices can support with:

- Academic Accommodations
- Support Group Facilitation ([The Centre](#))
- Assistance with safety planning.
- Facilitate referrals to community agencies and University resources.
- Coordinate housing relocation for students on campus.
- Coordinate referrals to medical services.
- Coordinate emergency financial assistance.
- Coordinate referrals to on and off campus trauma-informed counseling services.
- Provide information about criminal and non-criminal reporting options.
- Assist with decision making and navigating University processes or legal systems.
- Manage the flow of information among departments or offices, with consent from the survivor. ([The Centre](#))

THE OFFICE OF STUDENT COMMUNITY RELATIONS (OSCR)

The Office of Student Community Relations (OSCR) support students impacted by critical incidents, facing personal crises or multiple complex issues. OSCR also administers the Code of Student Rights & Responsibilities (The code).

Support Services Include:

- financial assistance;
- emergency housing;
- referrals to on- and off-campus resources/agencies; and
- conflict resolution and mediation services.

OSCR CARES

Contact OSCR to access our student support services.

Phone: **416-736-5231**

Email: oscr@yorku.ca

Learn more about our CARE model to positively foster learning experiences and enhance student success, our services, and the Code of Student Rights & Responsibilities on the OSCR website.

oscr.students.yorku.ca

THE CENTRE FOR SEXUAL VIOLENCE RESPONSE, SUPPORT & EDUCATION (THE CENTRE)

The Centre is a safe place where support, confidentiality, respect, and advocacy are available for those affected by sexual violence.

The Centre is your first point of contact for any supports, services and accommodations based on circumstances and needs.

Support Services Include:

- counselling services referral
- academic accommodations
- emergency housing
- medical
- financial
- social service agencies
- training and educational programs

If you or someone you know has experience sexual violence and is in need of support, The Centre can help.

WE'RE HERE FOR YOU

Phone: **416-736-5211**

Email: thecentre@yorku.ca

yorku.ca/thecentre

